

Cochise County	Policy: DET_____	Issue Date: TBD
Juvenile Court Services Administrative Manual	Page: 1 of 5	
	Approved: Signature on file <div style="text-align: right;">Karl D. Elledge Presiding Juvenile Court Judge</div>	
Division: Detention		Last Updated: New Policy
Subject: Student Wellness		

A. Purpose: To establish responsibility for nutrition and wellness education services and affirm the importance of wellness for all students.

B. Authority:

A.R.S. § 15-242.- Nutritional Standards

42 U.S.C. 1751 et seq. (Chapter 13 - National School Lunch Act)

42 U.S.C. 1771 et seq. (Chapter 13A - Child Nutrition Act)

C. Responsibility:

The director of juvenile court services shall ensure the operation of an education program includes wellness and nutrition instruction to serve all school-age children in its juvenile detention center.

The Juvenile Detention Center management team shall ensure that the juvenile detention center education program is in compliance with Arizona statute; U.S. Code and federal law as it relates to wellness and nutrition education.

D. Definitions:

“Wellness and Nutrition Instruction” means incorporating the importance of wellness, physical fitness and nutrition into education programming provided at the Juvenile Detention Center and all meal service as provided to youth and students.

E. Policy:

1. An annual report will be completed for review by director. The report may include but not be limited to:
 - Evaluation of the food services program
 - Recommendations for policy and/or program revisions
 - Review of all foods and beverages served for compliance with established nutrition guidelines
 - Assessment of meal service vendor (FSMC)
 - Assessment of detention environment regarding student wellness issues
 - Listing activities and programs conducted to promote nutrition and physical activity
 - Providing feedback received from detention staff, students, parents/guardians and community members.

In accordance with the National School Lunch Act (42 U.S.C. 1751 et seq.) and the Child Nutrition Act (42 U.S.C. 1771 et seq.), as amended, an assurance that detention guidelines for reimbursable meals are not less restrictive than regulations and guidelines issued for schools in accordance with federal law shall be provided annually to director.

2. Nutrition education shall focus on students eating behaviors; be based on theories and methods proven effective by research and be consistent with state health education standards. Nutrition education at all levels of the curriculum shall include, but not be limited to the following essential components designed to help students/youth learn.
 - Age-Appropriate nutritional knowledge, including benefits of healthy eating, essential nutrients, nutritional deficiencies, principles of healthy weight management, the use and misuse of dietary supplements, safe food preparation, handling and storage; and cultural diversity related to food and eating.
 - Age-Appropriate nutrition related skills including but not limited to: planning a healthy meal, understand and using food labels; and critically evaluating nutrition information, misinformation and commercial food advertising.
 - How to assess students' own personal eating habits, set goals for improvement and achieve the goals.

In order to reinforce and support nutrition education efforts, the detention guidelines will ensure that nutrition instruction provides comprehensive health

education in accordance with the Arizona Department of Education curriculum regulations and academic standards.

3. Nutrition guidelines and food service operations govern the food and beverages made available to students/youth at the detention center and are consistent with the Arizona Nutrition Standards. Guidelines for reimbursable school meals shall meet the regulations and guidance issued by the Secretary of Agriculture pursuant to law. The detention center addresses all foods (including Foods of Minimal Nutritional Value and Competitive Food Sales) served to students throughout the school day in the following areas:
 - National School Lunch Program and School Breakfast Program Meals
 - Classroom rewards, incentives and related classroom events
 - Snacks served in after-school type programs

Only food prepared or obtained from the food services program or food service vendor (FSMC) should be served.

4. Opportunities for physical activity will be provided at the developmentally appropriate level during the school day for all students/youth.
5. The objective for other school based activities is to ensure whole-school integration with the wellness program. The detention center, for the time that students/youth are confined, will include but are not limited to skin cancer prevention and sun safety; staff wellness and staff development and training.
6. Program evaluation to ensure compliance and as necessary revise policy and develop action plans to facilitate implementation.

STUDENT WELLNESS

1. The Juvenile Detention Center management team strives to make a significant contribution to the general well-being, mental and physical capacity and learning ability of each student/youth while providing them with education programs. Instruction includes that healthy eating habits are demonstrably linked to reduced instance of chronic disease for adults.
2. To ensure the health and well-being of all students/youth, the detention center promotes and monitors students/youth wellness in the following areas:
 - Nutrition Guidelines: All foods served throughout the day will have primary goal of the promotion of student health and the reduction of childhood obesity. All guidelines for reimbursable school meals

will meet the regulations and guidance issued by the Secretary of Agriculture, as those regulations apply to schools.

- Nutrition Education: The goal is to influence students' eating behaviors by providing nutrition education that is appropriate for students' ages; reflects students' cultures; is integrated into health education or core curricula; and provides opportunities for students to practice skills.
- Other school based activities: The goal is to create a total school environment that is conducive to healthy eating and physical activity.
- Evaluation: Review this policy at least annually to evaluate the effectiveness for promoting healthy eating and physical activity within the education programs offered. Identify areas that need improvement if any, and implement changes as needed to achieve the goals as stated.
- Parent, Community, and Staff Involvement: This goal is to engage family members, students, representatives of the school food authority and appropriate community members for review of this policy.

The Juvenile Detention Center management team will implement this policy including such provisions as may be necessary to address all food and beverages served at the Juvenile Detention Center are within the guidelines as set forth in this policy.

1. Physical Activity Goals

The primary goal for the school's activity component is to provide opportunities for every student to develop the knowledge and skills for specific physical activities, maintain physical fitness, regularly participate in physical activity and understand the short and long term benefits of a physically active and healthy lifestyle.

A comprehensive physical activity program includes a variety of opportunities for students to be physically active including: physical education; health education; exercises and daily activities designed to give the benefit of physical fitness while restricted to the Juvenile Detention Center.

- Physical Activity (time, frequency, and/or intensity) The school will ensure that students are moderately to vigorously active at least fifty percent (50%) of the time students are assigned for participation in physical education instruction.
- Prohibition of use for punishment: The school will discourage the use of physical activity as punishment, the withholding of participation in physical education class as punishment, or the use

of physical education class time to complete assignments from other classroom studies.

F. Cross Reference:

DET2100 - Academic Services

DET2100.1 - Academic Services, Procedures